



# POWER FLEX MAX PACK

Model No. GGMC0622.0  
Serial No. \_\_\_\_\_

Write the serial number in the space above for reference.

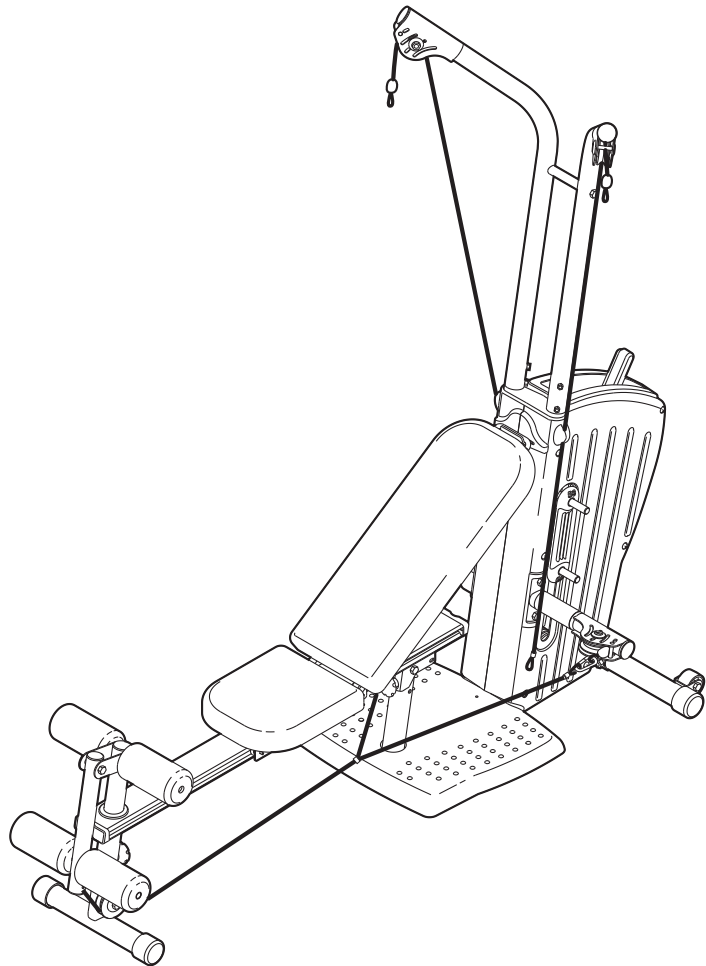
## QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if a part is damaged or missing, PLEASE CONTACT OUR CUSTOMER SERVICE DEPARTMENT DIRECTLY.

CALL TOLL-FREE:  
**1-877-776-4777**  
Mon.–Fri., 6 a.m.–6 p.m. MST

ON THE WEB:  
[www.goldsgympowerflex.com](http://www.goldsgympowerflex.com)

## USER'S MANUAL



### CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

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# IMPORTANT PRECAUTIONS

**⚠ WARNING:** To reduce the risk of serious injury, read the following important precautions before using the resistance system.

1. Read all instructions in this manual and in the literature accompanying the resistance system before using the resistance system. Use the resistance system only as described in the literature.
2. It is the responsibility of the owner to ensure that all users of the resistance system are adequately informed of all precautions.
3. Keep hands and feet away from moving parts.
4. Keep children under 12 and pets away from the resistance system at all times.
5. Use only the bands included with a GOLD'S GYM MAX PACK. Do not use other types of weight with the resistance system.
6. Always wear athletic shoes for foot protection.
7. Only pull on the long cable while sitting on the bench or standing on the base cover. Only pull on the medium cables while sitting on the bench, with the seat in one of the three positions closest to the upright base, or while standing on the base cover.
8. Make sure all parts are properly tightened each time you use the resistance system. Replace any worn parts immediately.
9. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.

**⚠ WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

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## BEFORE YOU BEGIN

Thank you for selecting the GOLD'S GYM® MAX PACK. The GOLD'S GYM POWER FLEX resistance system uses progressive resistance. As the bands begin to stretch, the amount of resistance will increase gradually. As the bands stretch further, the resistance will increase rapidly. The MAX PACK is designed to increase the amount of resistance available on GOLD'S GYM POWER FLEX resistance systems.

**For your benefit, read this manual carefully before using the MAX PACK and the resistance system. If**

you have questions after reading this manual, see the front cover of this manual. To help us assist you, please note the product model number and serial number before calling. The model number is GGMC0622.0. The serial number can be found the product packaging. Record the serial number on the front cover of this manual.

**To avoid a registration fee for any service needed under warranty, you must register the accessory at [www.goldsgympowerflex.com/registration](http://www.goldsgympowerflex.com/registration).**

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# ASSEMBLY

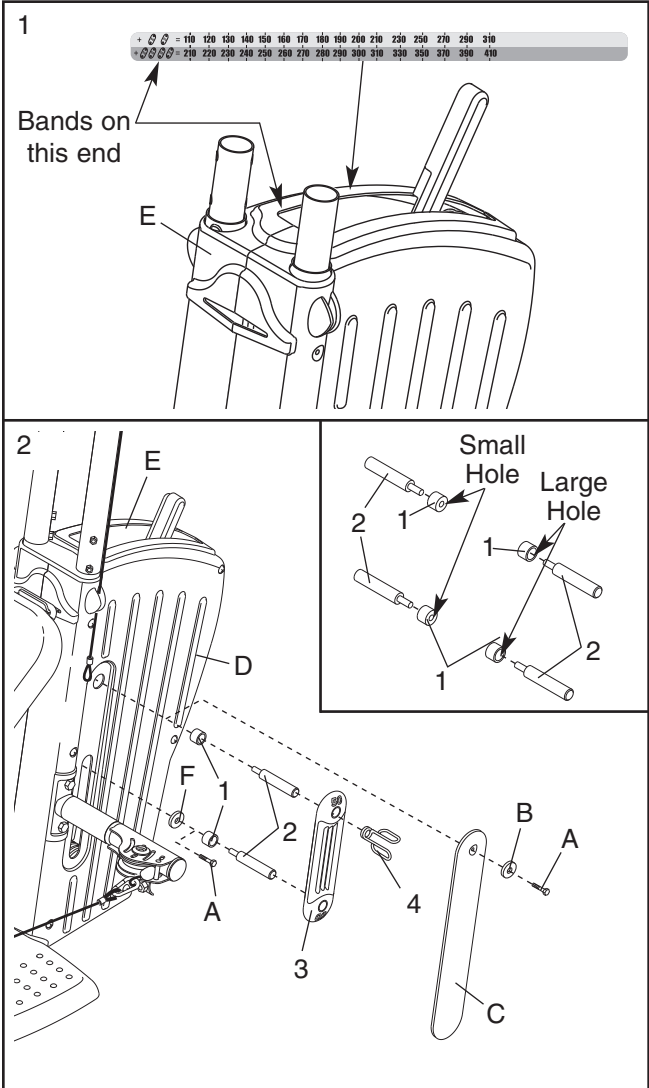
1. Attach the resistance decal along the top of the Right Cover (E). **Be sure that the resistance decal is oriented with the pictures of the bands on the end shown.**
2. Remove the 1/2" x 1" Button Screw (A) with the 1/2" Small Washer (B) from each side of the resistance system. Remove the Side Covers (C) from the Left and Right Covers (D, E). Remove the 1/2" x 1" Button Screw (A) with the 1/2" Washer (F) from each side of the resistance system.

Slide the four 17.5mm Spacers (1) onto the four Resistance Rods (2). (See the inset drawing for correct orientation.) Slide the two removed 1/2" Washers (F) onto two of the Rods.

Attach a Resistance Rod (2) and a Resistance Rod with a 1/2" Washer (F) to the indicated locations on the resistance system. Attach the other two Resistance Rods to the other side of the system.

Slide an Exterior Band (3) onto each set of Resistance Rods (2). (**Note: It may be necessary to stretch the Exterior Bands to slide them onto the Rods.**) Secure the Exterior Bands (3) to the Resistance Rods (2) with the two Clips (4).

**⚠ WARNING:** Always place the same number of Exterior Bands (3) on each side of the system. Use only the Exterior Bands included with a GOLD'S GYM MAX PACK. Always secure the Bands with the two Clips (4).

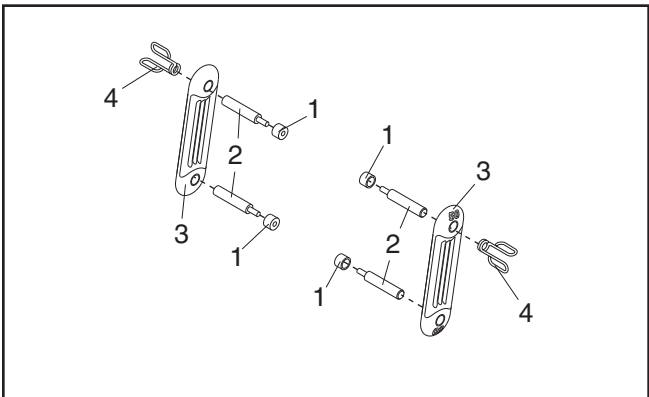


## PART LIST/EXPLODED DRAWING— Model No. GGMC0622.0

R1005A

Key No.	Qty.	Description
1	4	17.5mm Spacer
2	4	Resistance Rod
3	2	Exterior Band
4	2	Clip
#	1	Resistance Decal
#	1	User's Manual

Note: “#” indicates a non-illustrated part.  
Specifications are subject to change without notice.



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# ORDERING REPLACEMENT PARTS

To order replacement parts, see the front cover of this manual. To help us assist you, please be prepared to give the following information:

- the MODEL NUMBER of the product (GGMC0622.0)
- the NAME of the product (GOLD'S GYM MAX PACK accessory)
- the SERIAL NUMBER of the product (see the front cover of this manual)
- the KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST/EXPLODED DRAWING on page 3 of this manual)

## LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON), warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of ninety (90) days from the date of purchase. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be pre-authorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center; products used for commercial or rental purposes; or products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal or installation or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

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